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FORTY-FOURTH ANNUAL REPORT

OF

THE TRUSTEES

OF THE

Mass.
STATE LUNATIC HOSPITAL

AT

WORCESTER.

OCTOBER, 1876.

BOSTON:

ALBERT J. WRIGHT, STATE PRINTER,
79 MILK STREET (CORNER OF FEDERAL).

1877.

OFFICERS OF THE HOSPITAL.

TRUSTEES.

COL. JOHN D. WASHBURN,		<i>Worcester.</i>
PROF. JAMES B. THAYER,		<i>Cambridge.</i>
ROBERT W. HOOPER, M. D.,		<i>Boston.</i>
GEN. WILLIAM S. LINCOLN,		<i>Worcester.</i>
THOMAS H. GAGE, M. D.,		<i>Worcester.</i>

RESIDENT OFFICERS.

BARNARD D. EASTMAN, M. D.,		<i>Superintendent.</i>
JOHN G. PARK, M. D.,		<i>Assistant Supcrintendent.</i>
HOSEA M. QUINBY, M. D.,		<i>Assistant Physician.</i>
EDWARD LAWRENCE,		<i>Acting Steward.</i>

TREASURER.

ALBERT WOOD,		<i>Worcester.</i>
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Commonwealth of Massachusetts.

TRUSTEES' REPORT.

To His Excellency the Governor and the Honorable Council.

The reports of the Superintendent and Treasurer, herewith submitted, set forth with clearness and precision the operations of the Hospital during the past year, and its present condition. Generally speaking, it may be said that those operations have been conducted with fidelity and economy. The official staff of the institution have, and, it is believed, deserve, the confidence of this Board.

The finances have been managed with exactness, and upon a system which experience has demonstrated to be sound. No bill exceeding in amount the sum of twenty dollars can be paid by the Treasurer without the previous approval of one of the members of this Board, acting as auditor; and every bill of however small amount must be audited before being allowed to the Treasurer in his account. The reserved or surplus fund in the hands of this officer has increased somewhat during the past year; the prospect of removal to the New Hospital within a year rendering it, in the judgment of the Trustees, advisable to limit somewhat the amount expended in repairs on the old.

The whole number of patients treated in the Hospital during the past year has been	829
The number in the Hospital at the present time is	487
of private patients, ...	132
of state patients, ...	35
of town patients, ...	320

The Hospital is and has been, as it must be till the completion and occupancy of the new building, crowded in every part. The best results of treatment cannot be attained under these circumstances, but it is believed that all has been accomplished which could reasonably have been expected in the way of cure, improvement, or alleviation of suffering.

NEW HOSPITAL.

The buildings of the New Hospital are approaching completion, and will, it is hoped, be ready for occupancy in the summer of 1877. The work has been carried on with vigor during the past season, and, it is believed, has been faithfully performed. No effort on the part of the Trustees has been spared that all contracts should be honestly fulfilled. To this end there has hardly been a day during the season of building in which some one of their number has not been present. The amount of labor thus entailed upon the Board was not anticipated when the duty of constructing a new hospital was imposed upon them by the Legislature. It is hoped the result will show that this duty has been fully discharged, and that, at the same time, the care and supervision of the Old Hospital have not been neglected.

The amount appropriated by the Legislature for the completion of the Hospital will, it is believed, be sufficient, and it is not the intention of the Trustees to recommend any further appropriation for that purpose. The amount required for furnishing will depend, in a great degree, on the disposition the State shall make of the present hospital buildings. If they shall be devoted to any public charitable use, it will probably be considered the wisest economy to retain in its present location the furniture now in use there. Otherwise, a considerable portion of it may be made available at the New Hospital.

The following statement is submitted, which sets forth the amounts of money expended in the purchase and preparation of site and erection of buildings, up to the present time. Vouchers in detail for the whole of this expenditure are on file in the office of the Auditor of the Commonwealth.

NEW HOSPITAL ACCOUNT.

The whole amount expended on the New Hospital buildings and grounds, at the close of the fiscal year ending September 30, 1875, was		\$590,117 52
The expenditure during the fiscal year ending September 30, 1876, was		289,182 22
Total, ...		\$879,299 74

This total expenditure is classified as follows :—

Land, ...	\$112,247 71
Barns and cottages, ...	18,873 74
Grading, excavation, etc., ...	69,497 85
Foundations, ...	34,926 34
Superstructure, masonry, ...	333,992 79
Carpentry, ...	135,971 73
Painting, windows, guards, etc., ...	18,636 54
Water, gas, drainage, ...	31,146 69
Heating and ventilating, ...	44,021 54
Plastering, ...	27,321 97
Architects, engineers, overseers, etc., ...	24,047 38
Roads and grading pertaining thereto, ...	7,906 12
Machinery, ...	6,485 87
Miscellaneous, ...	10,985 18
Expenses laying out old land and constructing streets, ...	3,238 29
	\$879,299 74

The amount charged to "laying out old land" is not properly a part of the cost of the new buildings, but it appears in the account for the following reason :—

In accordance with an Act of the Legislature, the governor and council ordered \$25,000 to be credited to the fund for constructing the new buildings, as compensation for the site occupied by the normal school, which amount was to include the construction of "suitable streets to and around said land." The \$25,000 having all been carried to this fund, the expense of laying out and constructing the streets must obviously be charged to the same fund.

A note for \$2,500, given by the Trustees to Sarah Phillips, for land purchased of John Bartlett, is still unpaid, owing to a temporary legal disability on the part of the holder to receive the payment.

JOHN D. WASHBURN.

JAMES B. THAYER.

R. W. HOOPER.

WM. S. LINCOLN.

THOMAS H. GAGE.

OFFICERS AND THEIR SALARIES.

B. D. Eastman, M. D. (Superintendent), . . .	\$2,500 00
J. G. Park, M. D. (Assistant Superintendent), . .	1,500 00
H. M. Quinby, M. D. (Assistant Physician), . .	1,000 00
Edward Lawrence (Acting Steward), . . .	600 00
Albert Wood (Treasurer), . . .	500 00

VALUE OF STOCK AND SUPPLIES.

SEPTEMBER 30, 1876.

Live-stock, ...	\$6,075 00
Produce of farm on hand, ...	5,121 82
Carriages and agricultural implements, ...	4,960 00
Machinery and mechanical fixtures, ...	500 00
Beds and bedding in inmates' department, . . .	11,902 00
Other furniture in inmates' department, ...	10,303 45
Personal property of the State in Superintendent's department, ...	12,011 63
Dry goods, ...	2,333 15
Provisions and groceries, ...	3,501 04
Drugs and medicines, ...	425 00
Fuel, ...	2,289 45
Library, ...	575 00
Total, ...	<u>\$59,997 54</u>

TREASURER'S REPORT.

To the Trustees of the Worcester Lunatic Hospital.

GENTLEMEN :—I herewith submit my Annual Report on the finances of the Worcester Lunatic Hospital for the year ending September 30, 1876.

RECEIPTS.

Cash on hand September 30, 1875, ...	\$21,857 17
received of the Commonwealth for support of patients, ...	10,762 65
received of cities and towns for support of patients, ...	59,463 06
received of individuals for support of patients, ...	39,712 55
received for interest and sale of produce, etc., ...	2,853 96
	\$134,649 39

The expenditures for the year have been as follows :—

Provisions :

Flour, 759 barrels, ...	\$5,736 48
Meat of all kinds, ...	11,632 88
Meal for cooking, ...	503 64
Beans, potatoes and other vegetables, ...	820 06
Fish, ...	1,239 09
Sugar, ...	2,807 17
Molasses and syrup, ...	588 02
Tea, ...	825 47
Coffee and chocolate, ...	965 53
Rice and crackers, ...	616 54
Butter, ...	5,479 18
Vinegar and pickles, ...	34 81
	\$31,248 87
<i>Amount carried forward,</i>	

<i>Amount brought forward,</i>	.	.	.	.	.	\$31,248 87
Cheese,	.	.	.	.	.	250 77
Fresh fruits,	.	.	.	.	.	299 39
Eggs, salt, and other groceries,	.	.	.	.	.	2,078 59

Total for provisions,	.	.	.	.	.	\$33,877 62
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Salaries and wages,	.	.	.	.	.	34,810 62
Provender and bedding for stock,	.	.	.	.	.	1,970 22
Furniture, crockery, bedding, etc.,	.	.	.	.	.	3,679 55
Light,	.	.	.	.	.	2,592 75
Soap,	.	.	.	.	.	1,165 79
Medical supplies,	.	.	.	.	.	848 62
Live-stock,	.	.	.	.	.	155 00
Carriages, harnesses, blacksmithing, etc.,	.	.	.	.	.	1,052 92
Improvements and repairs,	.	.	.	.	.	3,428 78
Books, stationery and printing,	.	.	.	.	.	1,139 69
Travelling and transportation,	.	.	.	.	.	24 75
Fuel,	.	.	.	.	.	7,187 59
Freight and express,	.	.	.	.	.	119 60
Ice,	.	.	.	.	.	384 83
Trustees' expenses,	.	.	.	.	.	168 74
Miscellaneous,	.	.	.	.	.	1,839 52

						\$94,446 59
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Clothing and materials,	.	.	.	.	.	5,595 29
Undertaker's charges,	.	.	.	.	.	934 05
Furnished to patients on account,	.	.	.	.	.	331 97
Interest,	.	.	.	.	.	175 00

						\$101,482 90
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Cash on hand, September 30, 1876,	.	.	.	.	.	33,166 49
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						\$134,649 39
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RESOURCES.

Cash on hand,	.	.	.	.	.	\$33,166 49
Due from the Commonwealth,	.	.	.	.	.	2,489 60
from cities and towns,	.	.	.	.	.	15,361 21
from individuals,	.	.	.	.	.	9,758 71

<i>Amount carried forward,</i>	.	.	.	.	.	\$60,776 01
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Amount brought forward, ... \$60,776 01

LIABILITIES.

Due for supplies, ...	\$5,348 30	
for salaries and wages, ...	2,987 27	
		8,371 57
		\$52,404 44
Invested funds, market value, ...		5,391 05
Total surplus, ...		\$57,795 49

ALBERT WOOD, *Treasurer.*

WORCESTER LUNATIC HOSPITAL, October 1, 1876.

SUPERINTENDENT'S REPORT.

To the Board of Trustees of the Worcester Lunatic Hospital.

GENTLEMEN :—Another year of our hospital work having come to a close, I lay before you the Forty-Fourth Annual Report.

A summary of the movement of population is given in the following table :—

TABLE NO. 1.

Showing the General Results during the year.

	Males.	Females.	Total.
Patients in the hospital, October 1, 1875, .	225'	253	478
Admitted during the year, ...	194	157	351
Whole number under treatment, ...	419	410	829
Discharged recovered, ...	41	31	72
improved, ...	37	60	97
not improved, ...	47	49	96
died, ...	45	32	77
Whole number discharged, ...	170	172	342
Remaining September 30, 1876, ...	249	238	487
Largest number on any day, Feb. 28, 1876, .	249	278	527
Smallest number on any day, Oct. 5 and 6, '75,	223	251	474
Daily average during the year, ...	241.45	258.75	500.20
of state patients, ...	27.23	26.15	53.38
of town patients, ...	155.76	154.30	310.06
of private patients, ...	58.46	78.30	136.76

The number of patients at the beginning of the year, four hundred and seventy-eight (478), exceeded the number at the beginning of any previous year, except the one next preceding and the two (1853 and 1854) just before the opening of the Taunton Lunatic Hospital.

The number of admissions, three hundred and fifty-one (351), were less than for each of the six previous years, while, on account of fewer discharges, the number remaining at the end of the year, four hundred and eighty-seven (487), was larger than at any time since the opening of the Hospital, with the exception of the years already mentioned.

Two patients were discharged from the rolls of the Hospital to be *committed* by probate court, that the cost of their maintenance could be collected from the towns in which they had settlements. The number of *patients* received was, therefore, three hundred and forty-nine (349). Five persons were each received twice, the number of *persons* admitted being three hundred and forty-four (344). Of these, about two-thirds, two hundred and forty-seven (247), had never before, so far as we could ascertain, been under hospital treatment, but many of them were chronic cases of long standing, entirely hopeless as to recovery, and with but little prospect of even improvement. About one-third were either cases of brain disease, essentially incurable, or those in which treatment had so long been delayed that the disorder had become ineradicably fixed.

Of those discharged, seventy-two (72) are classed as recovered. It is extremely difficult, impossible indeed, in some cases, to decide whether a person should, upon discharge, be considered recovered or not. Some who seem to be entirely restored, and are sent out with the confident expectation that they will do well, disappoint us, and a large number whose cases can conscientiously only be entered as improved, complete their recovery afterwards. Inasmuch, also, as there is no fixed standard by which the mental condition of a discharged patient can be accurately gauged, the decision of the question must be somewhat affected by (to borrow an astronomical term) "*personal equation*," and the record of the results of treatment will be more or less "the reflex of a mental temperament which may be unduly swayed either by

a natural hopefulness or an equally natural cautiousness of character." Indeed, it would seem from a comparison of the statistics of different hospitals, that the earlier superintendents must have classed as recovered, patients who would now be considered only improved.

The distinguished superintendent of the Bloomingdale Asylum, New York City, in his last report, remarks upon this point as follows :—

"There can be little doubt, at this time, that the innate traits of mind and heart which made the earlier race of hospital superintendents such zealous and successful workers in a new region of beneficence, led them also to form and express more encouraging opinions as to the curability of insanity than are justified by later experience on a broader scale.

"Fortunately, after making considerable allowance for enthusiasm, and possibly, also, for a sagacious shrewdness which perceived the necessity for stirring public interest in a cause likely to languish unless 'hope told a *flattering* tale,' there is such positive and obvious good effected by hospitals for the insane as to call for their increase in number, or the enlargement of those which must receive the indigent insane of every State or large city."

The largest number in the house on any day, five hundred and twenty-seven (527), was one hundred and sixty-two (162), and the average number, five hundred (500), was one hundred and thirty-five (135), in excess of our accommodations. An examination of our dormitories and corridors, after the patients have retired, would lead any one to wonder how we had passed the year without serious accident, unless there be a special providence that watches over crowded lunatic hospitals. Not only are we numerically crowded, but we are oppressed by the perturbed condition of our population. The large number of cases admitted compels us to seek the discharge of those who can be cared for elsewhere. This takes away many of the quiet and orderly, who might safely occupy dormitories and corridors, while the disproportionate accumulation of the unavoidable residuum, noisy, turbulent, and disturbing, operates unfavorably against the comfort and success of the Hospital.

TABLE NO. 2.

Showing the Complications in the Cases admitted during the Year.

	Males.	Females.	Total.
Epileptic, ...	6	5	11
Epileptic and homicidal, ...	1	—	1
Paralytic, ...	14	4	18
Paralytic and homicidal, ...	3	1	4
Suicidal, ...	14	21	35
Homicidal, ...	37	12	49
Suicidal and paralytic, ...	2	1	3
Suicidal and homicidal, ...	11	1	12
Total number of cases epileptic, ...	7	5	12
Total number of cases paralytic, ...	19	5	24
Total number of cases suicidal, ...	27	23	50
Total number of cases homicidal, ...	52	14	66

TABLE NO. 3.

Showing the Relations of the Patients admitted to Institutions of this kind.

	Males.	Females.	Total.
Never before in any hospital, ...	144	103	247
Former inmates of this hospital, ...	35	37	72
of other hospitals in this State, ...	5	7	12
of hospitals in other States, ...	2	2	4
of this hospital and of other hospitals in this State, ...	5	6	11
of other hospitals in this State and hospitals in other States, ...	2	—	2
of this hospital, of other hospitals in this State and of hospitals in other States, ...	—	1	1
of this hospital and of hospitals in other countries, ...	1	1	2
Totals, ...	194	157	351

TABLE NO. 4.

Showing the Sources from which the Patients admitted were directly drawn.

	Males.	Females.	Total.
From the general population, . . .	175	147	322
McLean Asylum for the Insane, . .	—	1	1
Tewksbury Almshouse, . . .	1	3	4
Ipswich Receptacle, . . .	2	—	2
Houses of Correction, . . .	12	5	17
State Prison, . . .	2	—	2
Northampton Hospital for Insane, .	1	—	1
Readmitted without discharge from hospital,	1	1	2
Total, . . .	194	157	351

TABLE NO. 5.

Showing by whom the Patients, remaining at the end of the Year, are Supported.

By the State (state patients), . . .	20	15	35
Town (town patients), . . .	171	149	320
Friends (private patients), . . .	58	74	132
Total, . . .	249	238	487

TABLE NO. 6.

Showing the alleged Causes of Insanity in the Number of Cases admitted during the year.

CAUSES.	NUMBER OF CASES.		NUMBER PREDISPOSED.	
	Males.	Females.	Males.	Females.
Business anxiety, ...	10	—	5	—
Confinement in prison, ...	1	—	—	—
Congenital, ...	1	—	1	—
Disappointed affection, ...	1	2	1	—
Domestic trouble, ...	—	4	—	1
Epilepsy, ...	8	3	3	1
Fright, ...	1	—	—	—
Grief, ...	4	4	2	—
General paralysis, ...	7	—	1	—
Hard study, ...	3	—	1	—
Hereditary, ...	23	15	23	15
Ill-health, ...	3	11	2	8
Injury to head, ...	2	3	—	—
Intemperance, ...	32	5	12	4
Masturbation, ...	8	1	3	1
Nervous debility, ...	—	1	—	—
Old age, ...	—	1	—	—
Overwork, ...	6	1	1	—
Paralysis, ...	1	1	—	—
Pecuniary trouble, ...	1	1	—	—
Puerperal, ...	—	14	—	9
Religious excitement, ...	5	10	1	6
Sunstroke, ...	4	—	3	—
Syphilomania, ...	1	—	1	—
Turn of life, ...	—	3	—	1
Uterine disease, ...	—	4	—	—
Unascertained, ...	72	73	—	—
	194	157	60	46

Although tables of the causes of insanity, as given in hospital reports, are not entirely trustworthy, they challenge close investigation, and they warrant us in saying that a very large proportion of insanity arises from transgression of known natural laws. For instance, intemperance stands, every year, one of the most prominent causes, and we know its direct influence upon the offending individual is not over-rated. We know, too, that it is a large factor in domestic trouble, general paralysis (itself the disease rather than cause), ill-health, business anxiety, etc. Hereditary predisposition is not only competent to develop insanity without an appreciable exciting agency, but it is the first element of weakness in a large proportion of the remaining cases. A prime factor in those cases attributed to ill-health, the puerperal state, religious excitement, etc., is a lack of due strength and proper balance of the mental and nervous organization, dependent upon faulty education, insufficient self-control, irregular life, bad dietetic habits, etc.

Closely allied to this subject,—the causation of insanity,—is that of its *prevention*. The study of the former is of practical value, mainly, as it aids in accomplishing the latter. But the words of warning and instruction which have been given on this topic, line upon line and precept upon precept, seem, in a very surprising degree, to have been overlooked and unheeded.

About two years ago, by authority of an Act of the Legislature, two gentlemen, distinguished alike for their enthusiastic philanthropy and active beneficence, were appointed to investigate certain aspects of the subject of insanity. The report submitted by one of the gentlemen contains the following paragraph, which is quoted approvingly from "one who has had great experience in such matters":—

"Hospitals do not prevent insanity, because they do not, by the intercourse of their officers with society at large, by their published reports, and by their general relations to the public, seek to enlighten the people on the subject of insanity,—its predisposing causes, its hereditary tendencies, its relations to intemperance, ignorance, poverty, and crime,—and therefore they do not improve the community except in removing from its care some of its greatest burdens. An examination of hospital reports will show that they are chiefly filled

with plans, suggestions, and arguments for the continuance of the system already established, and that they rarely propose a wider field of usefulness or a more humane management of their inmates."

In the twelfth annual report of the Board of State Charities, under the topic, "The Prevention of Insanity," it is stated:—

"In the multitude of reports of hospitals and asylums, published from year to year, this question of prevention seems in a great measure to have been overlooked. From a cursory examination of more than fifty reports of our own three state hospitals, it would seem that the only distinct notice of possible prevention is in the Tenth Report of the Taunton Hospital."

The primary object for the establishment of a lunatic hospital is, "the most humane and enlightened curative treatment of the insane," and a secondary one (which is on some accounts no less important than the first) is the care and custody of the incurable insane who need protection on their own account, or whose seclusion is necessary for the safety of society. With these responsibilities accomplished, a lunatic hospital has done all its direct duty. But every one is bound to do what he can, in his own proper sphere, for the general improvement of mankind, and officers of lunatic hospitals are not, and do not wish to be, any exception to this principle. Every superintendent of such an institution will, inevitably, in this age, be a practical philanthropist. Not only will he feel a deep interest in the welfare of his patients, but gathering, from his intimate relations to them and to their friends, a personal knowledge and keen appreciation of the extent of the wretchedness and woe caused by insanity, he cannot fail to labor for its prevention.

The charge against the officers of lunatic hospitals, of not seeking to enlighten the people on the subject of insanity, is not well founded, and our own three state hospitals are especially free from any ground of complaint on this score. To substantiate this statement, to vindicate the hospitals of our own State, and, with the hope that a partial recapitulation of what has been written on this subject may be productive of good, some quotations from the published reports of these institutions are embodied in this Report.

The exact bearings of this whole subject were well enunciated in a few brief but pregnant sentences in the Report of the Trustees of the State Lunatic Hospital at Worcester for 1838, which was written by that distinguished philanthropist, the late Horace Mann :—

“The great object at the Hospital is the cure of insanity or the mitigations of its sufferings. The great object of the State and of individuals should be its prevention.”

And in a later report, the superintendent says :—

“In a document like this, it is only proper to offer *hints*, not to discuss principles.”

The truths contained in these quotations underlie the whole scheme of hospital work and the broader field of the duty society and the State owe themselves in this matter. The hospital, as far as possible, is to cure its patients or mitigate their condition, and the results of hospital observations are briefly to be given to the public. To the State, to individuals, to the devotees of social science, is intrusted the amplification and application of these truths to the prevention of insanity. For nearly half a century the hospital has been faithfully fulfilling *its duty*. Has the State, have individuals, has society done theirs as well? The hospitals have no antagonism to any well-digested scheme of what has been happily called “State Medicine,” as applied to the prevention of insanity; but it should not be forgotten that the subject has repeatedly received their attention.

Almost every report which has emanated from the Worcester Lunatic Hospital since its opening, in 1833, is replete with enlightenment “on the subject of insanity,” and “its predisposing causes, its hereditary tendencies, its relations to intemperance, ignorance, poverty, and crime,” are succinctly but earnestly set before the community. Every table of the causes of insanity is an argument in favor of physical, mental, and moral hygiene, an essay on the prevention of insanity, and the context drives home the startling tabulated facts.

In the report for 1838, to which reference has already been made, both the trustees and the superintendent discuss, in a

very thorough and comprehensive manner, the causes of insanity and the means by which it can be prevented.

The bearing of hereditary predisposition is discussed; the marriage of those affected with, or strongly predisposed to, insanity, is held to be a violation of "one of the highest of human responsibilities"; the warning is given, that while ancestors continue to violate this law, "some portion of their innocent descendants must bear the consequences," and "should those to whom the dreadful heritage has descended imitate the conduct of their ancestors, the disease may be perpetuated in the lineage for generations to come"!

Alas! this effort to enlighten the people on the hereditary tendencies of insanity has proved unsuccessful. The descendants of those who ought to have heeded this advice, but did not, can now be counted by hundreds among the insane of this Commonwealth.

Strong appeals are made in other pages of this Report for the prevention of insanity, by avoiding those pernicious practices and habits which so frequently sap the nervous energy and produce permanent mental derangement, and by maintaining that mental and moral equanimity so conducive to the preservation of our highest powers.

The distinction between those causes of insanity which are under the immediate control of the individual, and those which are not, is sharply drawn, and the avoidance of voluntary insanity is urged upon all as a duty demanded both by the welfare of the individual and the prosperity of the State.

In the following year, the causes and prevention of insanity are discussed at length by the superintendent, in part as follows:—

"I would by no means overlook predisposition in examining the causes of insanity, but believe that temperament, misdirected education, active passions, and propensities not subject to the control of the mind, the neglect of intellectual culture, and more especially the neglect of establishing the control of the high moral sentiments, results in insanity far more frequently than a hereditary taint; these may also increase predisposition which before had little tendency to become active.

"A defective and faulty education, through the period of infancy and childhood, may, perhaps, be found to be the most prolific cause

of insanity; by this, in many, a predisposition is produced, in others it is excited, and renders uncontrollable the animal propensities of our nature. Appetites indulged and perverted, passion unrestrained, and propensities rendered vigorous by indulgence, and subjected to no salutary restraint, bring us into a condition in which both physical and moral causes easily operate to produce insanity, if they do not produce it themselves.

“Of the existing causes of insanity, intemperance still stands at the head of our list . . . it is not only the cause of disease, but it is emphatically the cause of causes. It is quite impossible to enumerate the amount of influence which it has in producing ill-health, domestic affliction, loss of property, and a large number of other causes, which stand so prominent in the table.”

Again, in 1840 :—

“Those first principles of physical education which teach us how to avoid disease, are all-important to all liable to insanity from hereditary predisposition. The physical health must be attended to, and the training of the faculties of the mind be such as to counteract the active propensities of our nature, correct the disposition of the mind to wrong currents and too great activity, by bringing into action the antagonizing powers, and thus giving a sound body and a well-balanced mind. Neglect of this early training entails evils upon the young which are felt in all after-life.

“The most frequent causes of predisposition to insanity are unrestrained indulgence of temper, unbridled appetites and desires, pernicious mechanical restraints upon the free movement of organs essential to life, improprieties of dress, excessive effeminacy or ill-directed education, by which the individual is not prepared to meet the vicissitudes and trials which must be encountered in the trials of life, and particularly from that *intensity* of the mind and feelings, which is too often encouraged, but which over-taxes the young brain and excites it to morbid irritation or actual disease.”

In the ninth annual report (1841), the superintendent, in a few bold strokes, vividly depicts the hopeless character of insanity accompanied with paralysis and exaltation, and points out the connection of such cases with intemperance. Although he does not give this form of disease the name by which we now know it, the picture is unmistakable; he is describing general paralysis, and he truly says “they will inevitably *die*.”

The subject is again taken up in the tenth report (1842), as follows :—

“Those who have hereditary predisposition to insanity, and especially those who have periodical attacks in one or more recurrences of disease, should carefully avoid all the voluntary causes of insanity,—such as intemperance, the secret vice, all excitements of a political or religious character, speculations, inventions, and every other unnatural excitement of the mind and feelings which may incur the tendency to disease.

“A great proportion of our trials and sufferings are the result of our violations of the natural laws of life which are established for our guidance and to promote the happiness of our being. Here lie the causes of moral and physical evil, of disease, crime, and suffering. Here may also be found the causes of insanity.

“We live in an age of excitement; we love freedom of thought and inquiry, and, regardless of settled principles, wander into the false fields of speculation in search of something more to gratify, or something pleasant to enjoy.

“Excitement is the aliment of our people; it prompts them to new enterprise in business, to seek for new theories in politics, and novel schemes of religious faith, which at this time seem to be disturbing the quiet repose long felt in creeds which our fathers professed, and which have caused the stability of other times.

“Political strife, religious vagaries, over-trading, debt, bankruptcy, sudden reverses, disappointed hopes, and the fearful looking for of judgments which are to dissolve the natural elements of time, all seem to have clustered together in these times, and are generally influential in producing insanity. The hospitals are filling up most fearfully with the victims of these evils, and the predisposed and periodical are, in great numbers, plunged by them into the vortex of disease.

“There is undoubtedly an intimate connection between *education* and *insanity*, especially between early training and that condition of the brain which is manifested in precocious mental development.

“One of the great defects, both of *nursery* and *school* education, is the neglect of proper training of the bodily powers during childhood and youth.

“Next to neglect of the proper training of the locomotive system in producing physical imbecility and disease, is a pernicious system of dietetics, pampering the appetite with improper food, condiments and confectionery, inducing dyspepsia, the more inveterate because produced before the natural tone and vigor had been given to the

stomach when its susceptibility is greatest and its powers of endurance least.

“The evil,” (ignorance or neglect of natural laws) “well understood, leads to the remedies which education must apply to counteract it. Firm and healthy bodies, brains, lungs, stomachs, and moving powers, must be first secured. Care must be taken that none of them be over-taxed. The precocious and feeble must be taken from their books and put to active exercises; the robust and vigorous must be taken from cruel exercise and sports, and put to study and more placid enjoyments, lest with vigor they become unfeeling and pugnacious.

“Some of the mental faculties may need restraint, and others encouragement; active passions and propensities must be repressed, and all be kept under the guidance of the intellectual and moral powers. Firmness and cheerfulness under trial and suffering should be duly cultivated, that the evils which cross our paths may be borne where they cannot be avoided. In this way the ills of life may be endured without repining, the source of many diseases dried up at the fountain, and the causes of insanity be diminished both in number and severity.”

In the thirteenth annual report (1845), the Trustees make use of the following language:—

“In the report of the Superintendent, much valuable information is communicated in relation to the causes and treatment of insanity.

“The Trustees regard the diffusion of such information as an important collateral advantage of the Hospital.

“A knowledge in the community of certain causes that induce insanity, will tend to their removal.”

The report to which these remarks apply is the last written by that distinguished alienist, Dr. Samuel B. Woodward. In it he points out the fact that insanity frequently arises from intemperance and other excesses; that transgression of natural laws will be followed by due penalty; that the grovelling sensualist ruins his body, and mind, and soul; that constitutional tendencies to insanity must be warded off by due observation of the laws of health; that danger lies in unrestrained passion, ungoverned appetite, and unlimited indulgence; that suitable training develops strength of character with which to meet the ills and calamities of life; that the foundation of a useful

career must be laid by correct discipline in youth ; that in the neglect of these and other principles of physical, mental, and moral hygiene, lie the foundation of disease, and especially of insanity !

The preceding extracts comprise but a part of what is to be found in the first thirteen reports of the Worcester Lunatic Hospital.

It will be observed that the first quotations are from the sixth annual report, a careful reading of which will show that the officers of the hospital had well improved their opportunities for observation, and had, even then, grasped the whole subject of prevention of insanity ; and that they did, in fact, give the public such enlightenment on "the subject of insanity, predisposing causes, its hereditary tendencies, its relations to intemperance, ignorance, poverty, and crime," that, had this advice been heeded, Massachusetts would not at this moment be engaged in the cure of so many insane.

For the next nine years, the Hospital was under the charge of Dr. George Chandler. Several of his reports contain able discussions of the cause and prevention of insanity, from only one of which, the nineteenth (1849), shall I quote :—

"The prevention of insanity should be the aim of an enlightened community, as well as its cure. This could be most effectually done by each individual obeying the laws of health, which include those that regulate the passions and emotions of the mind, as well as those that govern the physical system. For the full and healthy development of the offspring, the parents must be healthy and active in body and mind. The children of the unhealthy and indolent are less numerous and less hardy than the children of those in more humble and more laborious stations in society. Hereditary predisposition to disease, which is either inherited from ancestors or acquired by the parents themselves by abuse of their own physical systems, is transmitted to the lineal descendants, whose systems are thereby rendered more susceptible. In such persons, a smaller exciting cause would bring on similar diseased action than would be necessary in one having no hereditary susceptibility, whether the malady be of the brain or of any other organ.

"The physical education of the young is of primary importance.

"Many mechanical employments are prejudicial to health, and the younger the operative, the more susceptible his system is to any malign influence that may be brought to bear upon him. All em-

ployments that require undue physical exertion, all where an impure atmosphere is inhaled, and all where one position is for a long time maintained, are unfavorable to free development of the body, induce various diseases, and shorten life.

“The proper education of the moral and intellectual faculties, is of immense importance to the individual's own happiness and to his usefulness to society. The character and conduct of those around him is the book from which he gets his first lessons in morals and self-government. As his faculty of imitation is very active, and by which he acquires much of his early knowledge, the moral obliquity of his nurse is as readily copied as her wisest example. The desire to gratify the appetite and to indulge the passions too often become governing principles with the young, and, unless this desire is restrained with a steady hand on the part of the parent or guardian, it becomes ungovernable and makes the individual unhappy in after-life, and an undesirable member of society. Liberty is the right of all; but, to enjoy this blessing, it is necessary that each member of the community should refrain from trespassing on the rights of others. Children should be taught, and early led to practise, this precept. Every one who should have, and who should observe a just application of liberty and of what was due from himself to others, would become a law unto himself, and not be incommoded by any wholesome law of the community; but he who has been taught to disregard the rights of others, can hardly fail to receive the condemnation of his fellow-men.

“The inducements of wealth and of places of honor, in this country, are equally presented to all competitors who may enter the lists, and success usually crowns the well-directed efforts of all in every branch of trade, and in all arts and professions. The ardent and ambitious are by these considerations stimulated to overtask their physical and mental powers. The allurements of science stimulate its votaries to long-continued trains of thought upon one subject, until the instrument of thought becomes fatigued and is liable to respond in an unhealthy tone, until strange fancies and delusions, upon that subject, arise in the mind. These delusions become permanent and real unless the attention is diverted to other subjects, and the brain gets relief from its incipient disease; but with the great mass of the community, the all-absorbing desire of wealth and the advantages it brings to its possessor, are the principal motives to action. The merchant expands his business beyond his personal supervision, and he trusts his property with his neighbors, with a hope of compound interest in return. He watches anxiously the rise and fall of the market. He is elated with prosperity, but the unseen reverses which come in the commercial world,

as well as in all others, bring ruin to his hopes and not unfrequently crush his reason. The speculator ventures deeper and deeper, while successful, but at last he is wrecked in his calculations, and his mind sinks in the storm, unless it is buoyed up by a well-educated self-control.

“Many persons in humble circumstances work hard and make great exertions to keep up respectable appearances, and to obtain those articles of luxury which the wealth of their neighbors enable them to make common use of. This overdoing to keep up appearances tends to break down some and bring on insanity.”

From 1856 to 1872 the Hospital was under the superintendency of Dr. Merriek Bemis, who pointed out that many, very many, cases of insanity are caused by “irregular habits of life,” by “faulty education,” by “the popular excitements of the day,” etc.

He directs attention to the fact that “the parent, while neglecting the moral and physical training of his child, may be laying the foundation of a train of infirmities, both in body and mind, that in the strength and passion of manhood shall break out in uncontrollable insanity.”

In the report for 1860, several pages are devoted to the discussion of the causes of insanity, through the studying of which we may hope to “be able to exercise some control over the conditions which produce so great an evil.” Particular attention is called to the observation, that perverted action of the “mind results from defect in its material instrument, that whatever disturbs the general health, whatever weakens the bodily powers, disturbs and deranges the healthy operations of the mind. The mind is depressed, irritable and morose, or calm, clear and cheerful, according as the body is well fed, properly clothed and thoroughly exercised.” He touches upon the necessity of keeping the digestive apparatus in good order, of the importance of a judicious system of physical education, and upon similar topics, and expressly states that “every condition and circumstance in life which has a tendency to diminish vital force . . . promotes the development of insanity.”

The foregoing quotations comprise but a small part of what has been given to the world by the Worcester Hospital, in the forty-two years of its existence, on the causes and prevention

of insanity. The whole subject is well epitomized in three lines from the report for 1875 :—

“An ounce of prevention is worth a pound of cure. It is to the careful observance of the laws of physical, mental, and moral hygiene we must look for a diminution of insanity.”

About twenty-one years after the first patient was received at Worcester, the second State Lunatic Hospital was opened at Taunton, the first report being published in 1854. Almost every report from this institution has given the people enlightenment on the subject of insanity, ably discussed its causes, and pointed out the methods by which it can be prevented.

In the fourth annual report (1857), intemperance, as a prolific cause of insanity, is referred to as follows :—

“The number of cases arising from intemperance has greatly increased during the past year. Among the men, they have constituted thirty per cent. of the whole number of admissions. There are also many other cases, doubtless, in which a long course of moderate stimulation has predisposed the system to take on this, as we know it does to take on various other diseases.

“The brain cannot be kept for years in a constant, though it may be slight, abnormal condition, without altering its organic character and rendering it liable to at least functional disturbance, which constitutes insanity. Many of the cases of softening of the brain and of epilepsy result directly from the use of intoxicating drinks. In still another way, also, intemperance should be regarded as a cause of this disease; namely, by its effects upon the offspring of those addicted to it. The habitual use of alcohol is felt through more than one generation; and though the father may not become insane, his children will have an additional tendency to insanity, especially if they pursue the same course, as they are likely to, for the appetite itself is also transmissible. A large part of the idiots and imbecile children are born of intemperate parents.”

The untoward influences of living beyond one's means, of a vicious system of education, and of solitary vice, are set forth in the fifth and sixth reports, as follows :—

“There is one cause which undoubtedly acts extensively and peculiarly in this country, in inducing a condition of mind and body

favorable to the successful attack of mental disease. The strife which is going on constantly, particularly in the less fortunate ranks of life, to better their condition and raise their social position, and the great effort which is continually being made, among a large class, to keep up appearances under straitened circumstances, giving rise to a permanently anxious state of mind and to long-continued over-tasking of the bodily powers, operates powerfully in our country in producing a state of mind to be easily disturbed by what would otherwise be slight and inefficient as a cause of disease. Another cause which undoubtedly acts strongly in this community, is the unwise system of educating the young. For the healthy adult, fully developed, and used to the kind of labor, six hours daily of concentrated mental labor is enough to try his strength and in many cases ultimately to impair his nervous system. Yet our young children, with faculties just beginning to develop, with bodies needing almost constant exercise out of doors, and in the highest degree susceptible to all influences, whether good or bad, are confined for that full period in the regular hours of school, for which they are often compelled to spend several more in preparation.

“Next to intemperance and physical derangement, with the latter of which causes it undoubtedly has much to do, ranks the indulgence in solitary sexual excess. The baneful effects of this habit in both sexes have been often dwelt upon, and I believe have not been over-rated. As a cause, I fear it is a growing one, increasing with increasing luxury, and with the diffusion of precocious knowledge which marks the present day. Its influence is far greater than the preceding table would indicate. That it is the cause of many of those functional irregularities which are supposed by friends to be the original cause, cannot, I think, be doubted. To this cause, to her more delicate sensibility and keener feelings, to the restraints imposed by society and custom upon her desires and emotions, to the afflictions and disappointments to which she is subject, and to the nature of her reading, which is addressed to the imagination and the heart, and not to the reason, must be ascribed the fact, that woman, free from many of the excesses of man, free from many of his labors and trials, still equals him in the number of her insane.”

Again, from the seventh report :—

“In reviewing the table of causes, one cannot help being struck with the large proportion of cases which are self-induced. And the consideration of this class will be especially useful, if it should lead

any to the avoidance of practices and habits which are pregnant with danger.

“Too free indulgence of the appetite, whether natural or artificial, an abandonment of restraint over the gratification of the senses, underlies a very large part of all these cases.”

In his eighth, ninth and tenth reports, Dr. Choate again enforces the necessity of prevention, as follows :—

“Not less important as a preventive against disease is the knowledge of what are its usual and most frequent causes. I have spoken so fully in former reports of the particular effects of habits which are under the control of each individual, that I will barely call attention at the present time to a few of the most prominent and potent causes on the list. Intemperance, as usual, stands at the head, and has been the acknowledged cause in more than one-fifth of all the cases admitted into the institution since its opening, where the cause was known. Ill-health, which in a large majority of cases covers up some radical defect in the habits of life, and is merely a penalty exacted for some offence against nature’s laws, is chargeable with another fifth. Indulgence in the lower appetites and passions, too deep absorption in some of the fashionable excitements of society, and a want of care for the preservation of the health, particularly in females at seasons when their systems are peculiarly susceptible to the access of disease, have been assigned as the exciting causes in more than another fifth. These combined causes, which are with few exceptions self-induced, constitute the sources of disease in nearly eighty per cent. of all the cases.

“Little can be added to what has been said in former years respecting the causes of insanity, and the ability to ward off disease by correct habits of life, which, with a few exceptions, is placed in the hands of all. The present record, no less than those of the past, shows an exceedingly large proportion of cases self-induced by habits within the control of the individual. In this, as in most other diseases, it is not some single act of imprudence, or exposure, or excess, which is the cause. It is some long-continued habit which slowly undermines the physical system, saps the vital energies, and gradually induces a depraved and abnormal condition of both the mind and body. It is against forming those habits, then, that we are to contend, whether they consist in excessive labor, in exclusive attention to one pursuit, in too complete absorption in one train of thought, or in individual gratifications of the senses.

“There can be no question that those who disregard the moral law, and the laws of nature, are not only more liable themselves to

insanity, but also transmit this liability to their descendants. The parent who indulges in excessive use of poisonous substances, or who gives way to enervating or debilitating indulgences, even if not made insane himself, is exceedingly liable to pay the penalty of his transgression in witnessing the horrible epileptic convulsions, or the pitiable imbecility, or the more awful maniacal paroxysm, of his child. And if the child follows the evil course of the parent, which is too apt to be the case, an hereditary family tendency is formed, which develops into disease, upon what, under other circumstances, would be very far from being a sufficient exciting cause. The more we see of mental disease in its various forms, the more we must be convinced that the study of its prevention is infinitely more important than even the study of its cure, and that the dissemination of more correct views of the true way of life, and a more rigid observance of the known laws of health and nature, would greatly diminish its frequency."

The predisposing causes of insanity, its hereditary tendencies, its relations to intemperance, etc., are topics upon which the following extracts are found in the eleventh, twelfth, thirteenth and fourteenth reports :—

"Excessive labor, excessive study, excessive indulgences, excessive zeal for either temporal or religious matters, if they become fixed habits of life, are likely to produce mental disease. Both the mental and the physical systems are so constituted, that they easily and quickly rally from the disturbing influence of a single violation of nature's law, but a continued habit of excess, in any direction, will, in the end, destroy the elasticity of one or both, and disease must be the result.

"In the large majorities of cases, the system is previously prepared to yield to the exciting influence whenever it may be presented. And first among the preparing influences undoubtedly stands hereditary predisposition. The question, whether any near relatives have been insane, is comparatively seldom answered in the negative. The inquiry as to how hereditary tendency is formed, is the most important one in connection with the whole subject of insanity. That hereditary predisposition, like the large portion of the exciting causes, is originally within the control of the individual, and is produced by some violation of the laws of nature, seems in the highest degree probable. Indeed, it is by no means unlikely that the same causes; the same violations of nature; the same wrong way of life, not carried far enough in the first generation to excite disease, may

in the second or third or farther on, the same tastes and habits being transmitted, be finally sufficient by accumulation to produce it, or to produce in a whole family a condition of the constitution which will make them an easy prey to slight exciting causes of disease. And in this manner a man's sins and errors may most emphatically be said to be visited upon his children's children. Parents may unquestionably do much by a carefully considered plan of education and by guarding their children closely from their own errors, towards warding off family diseases, and even towards breaking up hereditary tendencies. It is a most instructive fact, that, in whatever direction we pursue our investigations into the causes of this direful disease, we must inevitably be brought to this same conclusion: the necessity of pursuing more closely the laws of nature; of obeying more strictly the dictates of a pure and enlightened morality.

“A higher civilization and greater cultivation of the intellectual powers, bring to the human mind new and deeper hopes and fears, the new restraints imposed by society and legislation, new distractions by ambition, humiliation, and prosperous or adverse speculation, more frequent and intense mental efforts, too frequently a premature exercise of the intellectual faculties, and too many new modes of dissipation and unnatural excitement. The artificial life of modern society, while it brings new and more refined enjoyments, and develops more fully all the finer and nobler emotions and sentiments, and educates to a higher point the reflective faculties of the mind, also brings new dangers in the excitements lurking in all its ways, and threatening mental tranquillity and health.

“The history of cases which is learned in a lunatic hospital, however, shows that this cause (hereditary transmission) bears so large a part in the production of disease that too much can hardly be said in warning against the union of families in both of which it is known to exist, and which together will renew and increase the virulence of the poison to such an extent that it can hardly be resisted.

“Enough is known to prove the truth of the scriptural warning that the sins of the parents will be visited upon the children, and to offer another, and, it would seem, one of the most powerful inducements to morality, temperance, and a careful observance in all respects of the laws of nature and of health.

“Early excessive indulgence and gratification of all the wishes and propensities, an education too luxurious and tender, too severe early mental exercise, and too great mental and physical excitements, relatively to the original nervous power and energy, are liable, either by impairing the vital forces or by unduly increasing the

susceptibility of the brain and nervous system, to generate this acquired predisposition to insanity. An education of the mental to the neglect of the physical powers, or an undue cultivation of the sensibilities and imaginative faculties, alike, may produce a condition favorable to the operation of any exciting cause."

The present superintendent admonishes the public, in the twentieth annual report (1873), as follows:—

"We are straining to compass in our narrow span of life the work that would once have been deemed ample for a hundred years. With all this increased mental activity, we have made no corresponding gain in physical vigor,—rather the reverse. What wonder, then, that the mind, over-burdened, staggers beneath the ever-increasing load, and at last breaks down, and we write 'brain disease' when we should have said 'lived too fast.'"

In 1874 (twenty-first report), he writes of hereditary taint and its prevention in language almost exactly equivalent to that quoted from the Worcester report for 1838.

"Could we trace it closely enough, I think we should find this hereditary taint in the blood far more potent in the production of insanity than all the array of alleged causes which make so much show in tables. It is a leprosy, poisoning life at the very fountain, which, concealed in one generation, breaks out in the next. I have known families where to escape from insanity was the exception, and yet the insane continued to intermarry! Plainly the world has need for another Lyncurgus."

The Northampton Lunatic Hospital was opened four years after that at Taunton. The reports of this hospital are among the most valuable and instructive that have ever been published, and although the special topics of the causes and prevention of insanity are not discussed at so great length as in those of the other state institutions, they have not been entirely overlooked. In the earlier reports, it is stated that cases of insanity are to a great extent due to long-continued violations of the common laws of health. The evils which result to females, particularly from the sedentary employments to which they are driven by circumstances or gravitate by indolence, and the neglect of suitable physical culture

consequent thereon, are shown to lay the foundation of those disordered states of the system which in many cases eventually result in a morbid condition of the mind.

It is unnecessary to refer at length to remarks in these reports upon that vicious system of education which stimulates the brain beyond its healthy action, neglect of invigorating sports and healthful exercises, bad hygienic surroundings, which disastrously affect the children and youth, nor to overwrought cares and excitements of business, commercial speculations, exacting struggles for professional or political distinctions and vicious indulgences which overthrow adults, and for which the sufferer pays the penalty of an unsound mind in an unsound body. These are but repetitions of principles which have been reiterated so many times that to write upon them again seems to point to a paucity of topics.

In looking over the reports of our state hospitals, from which these extracts have been taken, it was a surprise to find that so much had been written upon the prevention of insanity. While it is not possible to measure just what effect these writings may have had, it is apprehended this seed has not fallen into good ground, at least the fruits thereof are not apparent. The conclusion is well-nigh established, that it is useless to write what no one of those who really need it most will ever read, and what will not be heeded by those who do read it and who need it least.

TABLE No. 7.

Showing the ages of Patients Admitted, Discharged Recovered, not Recovered, and Died during the year.

A G E S.	A D M I T T E D.		D I S C H A R G E D R E - C O V E R E D.		D I S C H A R G E D N O T R E C O V E R E D.		D I E D.	
	Males.	Females	Males.	Females.	Males.	Females.	Males.	Females.
From 15 to 20,	9	6	1	2	1	2	2	1
20 to 30,	49	33	10	7	33	33	4	1
30 to 40,	61	48	10	9	26	29	11	1
40 to 50,	37	35	12	7	13	22	9	6
50 to 60,	25	18	6	4	7	13	6	8
60 to 70,	7	13	2	2	3	7	7	13
70 to 80,	6	4	—	—	1	3	5	1
80 to 90,	—	—	—	—	—	—	1	1
Total, .	194	157	41	31	84	109	45	32

TABLE No. 8.

Showing the duration of Insanity before Admission of Patients Admitted, Discharged Recovered, not Recovered, and Died during the year.

DURATION OF INSANITY.	ADMITTED.		DISCHARGED RE- COVERED.		DISCHARGED NOT RECOVERED.		DIED.	
	Males.	Females.	Males.	Females.	Males.	Females.	Males.	Females.
Insane one year or less,	116	91	34	23	31	37	19	11
More than 1 year and less than 2 years, .	18	18	1	4	12	12	9	6
More than 2 years and less than 5 years, .	23	15	4	2	15	24	10	5
More than 5 years and less than 10 years, .	9	12	2	—	11	18	3	4
More than 10 years and less than 15 years, .	4	4	—	—	3	6	3	2
More than 15 years and less than 20 years, .	6	4	—	1	4	7	—	1
More than 20 years and less than 25 years, .	—	1	—	—	2	1	—	—
More than 25 years and less than 30 years, .	—	1	—	—	—	—	—	—
Thirty years or more, .	3	3	—	1	2	1	—	2
Unknown, ...	15	8	—	—	4	3	1	1
Total, ...	194	157	41	31	84	109	45	32

The cases reported as recovered after more than fifteen and thirty years respectively, were in persons who had suffered several attacks of insanity from which they had so far recovered as to resume their places in the family and in society. When another paroxysm occurred, and they were again brought to the hospital, the duration of insanity, as given, was reckoned from the beginning of the first attack. These persons having recovered their usual mental strength, and being able to resume their social responsibilities, are classed as recovered. It would more clearly give the whole truth to say, recovered from this paroxysm of recurrent insanity.

TABLE No. 9.

Showing the Civil Condition of Patients Admitted, Discharged Recovered, not Recovered, and Died during the Year.

CIVIL CONDITION.	ADMITTED.		DISCHARGED RE- COVERED.		DISCHARGED NOT RECOVERED.		DIED.	
	Males.	Females.	Males.	Females.	Males.	Females.	Males.	Females.
Unmarried, .	91	59	14	13	52	36	14	6
Married, .	85	70	25	12	30	56	25	13
Widowers, .	14	—	2	—	2	—	6	13
Widows, .	—	25	—	6	—	16	—	—
Divorced, .	2	3	—	—	—	—	—	—
Unknown, .	2	—	—	—	—	1	—	—
Total, .	194	157	41	31	84	109	45	32

TABLE No. 10.

Showing the Occupation of Patients Admitted during the Year.

MALES.

Artist, ...	1	Operatives in mills, ...	10
Book-keepers, ...	2	Painters, ...	6
Bookbinder, ...	1	Peddlers, ...	2
Brakeman, ...	1	Photographer, ...	1
Carpenters, ...	12	Policeman, ...	1
Clergyman, ...	1	Printers, ...	3
Clerks, ...	5	Reporter, ...	1
Coal dealer, ...	1	Real estate agent, ...	1
Farmers, ...	28	Salesman, ...	1
Fishermen, ...	3	Seaman, ...	1
Gardeners, ...	2	Shoemakers, ...	30
Harness-makers, ...	2	Stone-cutter, ...	1
Laborers, ...	30	Students, ...	2
Lawyer, ...	1	Teamsters, ...	2
Machinists, ...	7	Watchman, ...	1
Musician, ...	1	Wood-carver, ...	1
Masons, ...	3	No occupation, ...	10
Mechanics, ...	6	Unknown, ...	4
Merchants, ...	7		
Moulders, ...	2	Total, ...	194

TABLE No. 10.—Concluded.

FEMALES.

Book-keeper, ...	1	Student, ...	1
Domestics, ...	32	Teachers, ...	2
Housekeepers, ...	66	No occupation, ...	34
Milliners, ...	2	Unknown, ...	1
Operatives in mills, ...	17		
Seamstress, ...	1	Total, ...	157

TABLE No. 11.

Showing the Diseases which have proved Fatal during the year.

	Males.	Females.	Total.
Acute mania, ...	4	3	7
Acute melancholia, ...	1	3	4
Apoplexy, ...	3	—	3
Bright's disease, ...	1	—	1
Cholera morbus, ...	1	—	1
Congestion of lungs, ...	1	1	2
Dysentery, ...	1	3	4
Exhaustion of chronic insanity, ...	3	2	5
Erysipelas, ...	1	1	2
General paralysis, ...	8	1	9
Heart disease, ...	—	1	1
Hemorrhage of bowels, ...	—	1	1
Inanition, ...	—	4	4
Obscure disease of brain, ...	3	—	3
Paralysis, ...	4	4	8
Pneumonia, ...	2	4	6
Phthisis, ...	8	2	10
Syphilis, ...	1	—	1
Sequelæ of apoplexy, ...	1	—	1
Suicide, ...	—	2	2
Senility, ...	2	—	2
Total, ...	45	32	77

The number of deaths, although somewhat larger than usual, is not excessive when the condition of the patients received and the causes of death are considered. An unusual number died of pneumonia, in several cases only remotely connected with their insanity. In two, the disease originated before admission, and in one the patient was favorably progressing towards recovery from his mental disorder when attacked with the disease of the lungs. Several of the fatal cases of phthisis were far advanced when admitted. A large part of those who died from paralysis, apoplexy, brain disease, syphilis, Bright's disease, etc., had but a short time to live when received. General paralysis outnumbers among men all other diseases, except phthisis, and from the number affected with that disorder who have recently been admitted, the deaths from it will not be lessened next year. One man who had been affected with paralysis, probably the result of cerebral hemorrhage, for twelve years, had been cared for at home until, as his disease approached its natural termination, he became maniacal, noisy, and troublesome, and his wife, who had supported the family by taking boarders, was compelled to send him to the hospital, where he survived seven days. Several others, equally certain to die when admitted, survived but little longer. The shortest time of residence of any one who died, was four days. This was a case of very violent recurrent mania, the man having had several attacks when it was thought he would not survive the exhaustion following his excessive excitement. Upon admission, his case did not seem unusually serious, but the storm was just ready to burst into terrific violence, prostrating the vital energies beyond recovery in a very brief time.

Nothing can be more faulty than to graduate the standard of hospital success by the number or ratio of deaths. There are so many contingencies and unexpressed conditions, that a merely numerical method will fail to give correct conclusions. While the number and character of the cases admitted continue like those of the last few years, we must expect and cannot avoid a large number of deaths.

TABLE NO. 12.

Showing the Admissions from each County during the year.

COUNTIES.	Males.	Females.	Total.
Berkshire, ...	1	—	1
Essex, ...	49	38	87
Middlesex, ...	60	54	114
Norfolk, ...	2	10	12
Suffolk, ...	15	10	25
Worcester, ...	67	45	112
Total, ...	194	157	351

As indicating the need of a hospital in the north-eastern portion of the State, it may be remarked that for six years Middlesex County has sent us more patients yearly than have been received from Worcester County.

TABLE NO. 13.

Showing the Whole Number of Patients during each year, the Average Number, the Number at the end of each year, the Expenses of each year, the Annual Expense for each Patient, and the Expense of each Patient per week for each of the Forty-four Years the Hospital has been in operation.

YEARS.	Whole number.	Average number.	Number at end of each year.	Current expenses of each year.	Annual expense for each patient.	Exp'se per week for each patient.
1833, ...	153	107	114	\$12,272 91	\$114 67	\$2 25
1834, ...	233	117	118	15,840 97	136 38	2 60
1835, ...	241	120	119	16,576 44	137 30	2 64
1836, ...	245	127	138	21,395 28	168 44	3 12
1837, ...	306	163	185	26,027 07	159 64	3 07
1838, ...	362	211	218	28,739 40	136 20	2 62
1839, ...	397	223	229	29,474 41	132 16	2 53
1840, ...	391	229	236	27,844 98	121 59	2 32
1841, ...	399	233	232	28,847 62	123 81	2 38
1842, ...	430	238	238	29,546 87	111 12	2 13
1843, ...	458	244	255	27,914 12	114 40	2 20
1844, ...	491	261	263	29,278 75	112 17	2 15
1845, ...	656	316	360	43,888 65	138 88	2 66
1846, ...	637	359	367	39,870 37	111 06	2 13

TABLE No. 13—Concluded.

YEARS.	Whole number.	Average number.	Number at end of each year.	Current expenses of each year.	Annual expense for each patient.	Exp'se per week for each patient.
1847, . . .	607	377	394	\$39,440 47	\$104 62	\$2 01
1848, . . .	655	404	409	42,860 05	106 09	2 05
1849, . . .	682	420	429	40,870 86	97 31	1 87
1850, . . .	670	440	441	46,776 13	106 40	2 04
1851, . . .	704	462	466	52,485 33	112 61	2 16
1852, . . .	775	515	532	43,878 35	85 20	1 62
1853, . . .	820	537	520	53,606 66	103 14	1 98
1854, . . .	819	430	381	53,221 52	123 77	2 38
1855, . . .	580	349	336	54,895 88	157 29	3 02
1856, . . .	577	357	376	45,631 37	128 64	2 47
1857, . . .	647	387	372	49,004 75	124 04	2 38
1858, . . .	679	372	301	38,267 26	102 86	2 39
1859, . . .	501	309	317	48,363 33	156 51	3 01
1860, . . .	532	324	331	47,757 01	147 39	2 83
1861, . . .	583	369	379	54,748 53	148 37	2 84
1862, . . .	600	401	396	53,043 88	132 18	2 50
1863, . . .	611	398	399	66,082 36	166 03	3 19
1864, . . .	625	366	344	66,612 00	182 00	3 50
1865, . . .	565	350	343	73,772 41	211 37	4 06
1866, . . .	630	368	381	88,398 73	239 28	4 60
1867, . . .	669	389	355	86,930 88	223 47	4 30
1868, . . .	651	370	382	72,054 59	197 60	3 80
1869, . . .	719	387	376	81,440 58	209 04	4 02
1870, . . .	760	396	408	75,715 51	191 20	3 68
1871, . . .	879	439	421	96,455 69	219 27	4 22
1872, . . .	864	450	439	92,533 93	205 63	3 95
1873, . . .	846	453	469	95,196 83	210 14	4 04
1874, . . .	869	476	485	101,463 68	213 16	4 10
1875, . . .	847	487	478	100,680 39	206 74	3 98
1876, . . .	829	500	487	94,446 59	188 89	3 64

The current expenses show a considerable reduction from last year. A large part of this decrease was really made the preceding year, but was not apparent at that time because salaries and wages for fourteen months were included in that year's payments.

That the average number of inmates was larger by twenty-seven (27) than for the previous year, while the additional expenditure which they entailed was scarcely perceptible, accounts for about one-half of the reduction of cost per capita, and low prices, and a judicious economy, which has not been allowed to lower the standard of hospital service, is to be credited with a part at least, of the remainder.

It should not be forgotten that, did we expect to remain in the old hospital, the necessity for keeping up to a higher standard the general condition of the buildings, and the demand for such improvements as would enable us to keep pace with the times, would yearly call for a large increase in the expenditure for repairs and improvements, and our surplus would not gain as rapidly as it has for three or four years past.

The general routine of hospital life has not been particularly noteworthy during the past year. Both the medical and the moral treatment have been what experience has shown to be appropriate. Both are equally important in the successful treatment of insanity. While the skilful use of remedial agents sometimes averts threatened dissolution, and often aids in the restoration of enfeebled health, the control of the excited, the encouragement of the desponding, and the soothing of the irritable, are no less necessary for the restoration of mental equilibrium. Cheering amusement, invigorating exercise and healthful labor aid in both departments, and occupy a prominent place in the resources at our command.

To the faithful and zealous manner in which the assistant officers and the employés have discharged their duties is due much of the success which has attended the administration of the affairs of the hospital.

With renewed acknowledgment of your co-operation and counsel, this Report is respectfully submitted.

B. D. EASTMAN,
Superintendent.

WORCESTER, October 12, 1876.

APPENDIX.

SUGGESTIONS TO FRIENDS OF PATIENTS,

AND

FORMS OF ADMISSION.

SUGGESTIONS TO THE FRIENDS OF PATIENTS.

Persons should never be brought to the hospital except in *strict compliance* with the requirements of the *law*. Blank forms of admission, and all necessary information, will be furnished upon application to the Superintendent.

No deception should ever be used in conveying a patient to the hospital. Let all arrangements be properly made, and with sufficient assistance to control excitement, should any arise, let the person be plainly, but kindly told they are to go to the hospital. No continued resistance will ordinarily be made; but, if it become necessary, better use *force* than *fraud*. Do not call upon an officer for assistance, if it can be avoided; the hospital is not a penal institution.

If possible, some person should come with the patient who can give a correct history of the case. Effort should be made to inculcate the idea that the officers and employés of the hospital will be kind and friendly, and endeavor to promote the best interests of those under their charge.

An abundance of underclothing should be brought with every patient, especially if they are at all disposed to derange their dress, together with suitable outer-garments for ordinary wear and for attending lectures and religious services, if their condition will admit. Jewelry, superfluous articles of dress, knives, etc., should not be brought, as they are liable to be lost, and the hospital will not be responsible for them. All practicable care will be taken to avoid loss or destruction of clothing, etc.; but it cannot be entirely avoided.

All packages sent by express to patients should be paid through, and plainly directed to the person for whom they are intended, care of Worcester Lunatic Hospital, Worcester, Mass.

All letters for patients should be placed in an unsealed envelope, directed to the patient, and the whole placed in another envelope addressed to the Superintendent. Neither money nor postal-stamps should be sent directly to patients, but may be sent to the Superintendent, for their benefit.

In all cases which have been at the hospital but a short time, or are subject to periodical attacks of excitement, friends should ascertain their condition, and the propriety of visiting them, before coming to see them. No objection will be made to a reasonable amount of visiting to such patients as will not be injuriously affected thereby.

No letters written about persons while at the hospital should be shown them after their discharge.

B. D. EASTMAN, M. D.,

Superintendent.

WORCESTER LUNATIC HOSPITAL, }
WORCESTER, MASS. }

CONCERNING ADMISSION TO THE HOSPITAL.

The laws of the Commonwealth prescribe three methods by which a person may be placed in the hospital,—

First. BY ORDER OF COURT.

Second. BY FRIENDS.

Third. BY OVERSEERS OF THE POOR.

First. BY ORDER OF COURT.

Any of the judges of the supreme judicial, superior and probate courts, and any trial justice of juvenile offenders of Suffolk County, may commit a person to the hospital.

Commitments are usually made by the judges of probate court, the form of application, with the necessary accompanying certificates, being as follows:—

[The applicant must answer in writing the printed interrogatories accompanying this blank.]

To the Honorable Judge of the Probate Court in and for the County of .

of on oath, complains that of
in said county of , is an insane person, and a proper subject for
the treatment and custody of the Worcester Lunatic Hospital.

Wherefore h prays that said may be committed to the said
Worcester Lunatic Hospital, according to law.

ss.

A. D. 187 .

Then the above-named made oath that the above complaint,
by h subscribed, is true.

Before me,

Justice of the Peace.

I, the subscriber, one of the selectmen of mayor of the city of
 , where said resides, hereby acknowledge that notice
in writing has been given to me of the intention to present the foregoing
complaint and application.

A. D. 187 .

To the Honorable Judge of the Probate Court in and for the County of .

The subscriber, having made application to your honor for the commitment of _____ to the Worcester Lunatic Hospital as a lunatic, now presents the following statement, in answer to interrogatories:—

What is the age of the lunatic? Ans.

Birthplace? Ans.

Married or single? Ans.

Occupation? Ans.

Supposed cause of disease? Ans.

Duration? Ans.

Character,—whether mild, violent, or dangerous? Ans.

Homicidal, or suicidal? Ans.

Paralytic, or epileptic? Ans.

Previous existence of insanity in the lunatic? Ans.

Previous or present insanity in any of the family? Ans.

Habits in regard to temperance? Ans.

Whether he has been in any lunatic hospital; if so, what one, when, and how long? Ans.

(If a woman.)

Has she ever borne any children? Ans.

How long since the birth of her last child? Ans.

Name and post-office address of some one of the nearest relatives or friends? Ans.

What facts show whether he has or has not a settlement, and where, if anywhere, in this State? Ans.

[For the law relating to settlements, see Gen. Stat., chap. 69.

Supplement to Gen. Stat., 1863, chap. 323.

“ “ 1870, “ 392.

“ “ 1871, “ 379.

“ “ 1874, “ 274.]

Applicant.

PHYSICIANS' CERTIFICATE.

The subscribers, physicians of _____ in the county of _____ having made due inquiry and personal examination of _____ named in the foregoing application, within one week prior to the date hereof, certify the said _____ is insane, and a proper subject for the treatment and custody of the Worcester Lunatic Hospital.

SS.

A. D. 187 .

Then the above-named _____ and _____ made oath that the above certificate is true.

Justice of the Peace.

COMMONWEALTH OF MASSACHUSETTS.

SS.

At _____ in said county, on the _____ day of _____ A. D. 187 .
On the application of _____ for the commitment of _____ of _____
in said county, to the Worcester Lunatic Hospital, _____ ;

notice in writing having been given by said applicant to one of the selectmen of where said resides, of h intention to make said application, and said having received all necessary notice of the time and place appointed for hearing, it appears upon a full hearing that said is an insane person, and a proper subject for the treatment and custody of the Worcester Lunatic Hospital.

Therefore it is ordered that said be committed to the said Worcester Lunatic Hospital.

Judge of the Probate Court.

Second. BY FRIENDS—PRIVATE PATIENTS.

For the admission of private patients, application must be made by relative, guardian or friend, and certificate of insanity, acknowledgment of notice to selectmen or mayor, and satisfactory bond for support must be given according to the following form:—

COMMONWEALTH OF MASSACHUSETTS.

[STATE SEAL.]

The Worcester Lunatic Hospital.

In consideration of the admission of of in the county of as a patient at the Worcester Lunatic Hospital, at Worcester, we, the undersigned, promise to pay to the treasurer of said hospital the rate of board which may from time to time be determined by the trustees of said hospital, for said patient, so long as he shall continue a boarder in said hospital, with such extra charges as may be occasioned by the necessity of giving h more than ordinary care or attention; to provide to pay for all clothing or other things necessary or proper for h health and comfort; to pay for all damages which he may do to furniture or other property of said hospital; to pay for reasonable charges in case of elopement, and funeral expenses in case of death; and to remove h from the hospital whenever the room occupied by h shall be required for a class of patients having preference by law, or who, in the opinion of the superintendent, should be received. We also promise that if, against the advice of the superintendent, he be removed, either by us or by any of h friends, before the expiration of three calendar months, we will pay board for thirteen weeks.

Payments to be made quarterly, and at the time of removal, with interest on each bill from and after the time at which it becomes due.

Witness our hands, this day of A. D. 187 .

Attest: *Principal.*

[Post-office address.]

Surety.

[Post-office address.]

If it becomes necessary to communicate with any friend of the patient, address,—

STATEMENT of _____ an applicant for the admission of _____, an insane person, to the Worcester Lunatic Hospital:—

Age of the insane person, _____ Occupation,
 Birthplace, _____ Residence,
 Civil condition (single, married, widowed or divorced), _____
 Is this the first attack of insanity? _____ Other attacks, and when,
 Supposed cause of insanity, _____
 Duration of this attack, _____
 Character of insanity,—whether mild, violent, or dangerous,
 Homicidal, or suicidal,
 Paralytic, or epileptic,
 Having delusions or hallucinations,
 Habits in regard to ardent spirits, opium and tobacco,
 Natural eccentricities of temper, thought, or action,
 Any serious disease or bodily injury heretofore,
 Previous or present insanity in relatives,
 If ever in any institution for insane, when, where, and how long,
 If a woman, she has borne _____ children; the last _____ years ago.
 Facts showing whether he has or has not a settlement, and, if any, where.

Name and post-office address of some nearest relative or friends over eighteen years of age,

Father,	Mother,
Children,	Brothers,
Sisters,	Husband,
Wife,	

If the applicant is unable to state any of the foregoing particulars, he shall state his inability to do so.

APPLICATION.

I request that the above-named _____ may be admitted as a patient at the Worcester Lunatic Hospital.

Applicant.

A. D. 187 .

[Post-office address.]

PHYSICIANS' CERTIFICATE.

We, the subscribers, respectable physicians in _____ in the county of _____, having made *due inquiry and personal examination* of _____, named in the foregoing application, *within one week prior to the date hereof*, certify that he is insane, and a proper subject for custody and remedial treatment in the Worcester Lunatic Hospital. And I, _____, further certify that I am the family physician of the said

M. D.

M. D.

A. D. 187 .

ACKNOWLEDGMENT OF NOTICE.

I, the subscriber, one of the selectmen, or mayor, of _____, where said _____ resides, hereby acknowledge that notice in writing has been given to me of the intention to present the foregoing application.

A. D. 18 ____.

[See Acts of 1862, chap. 223, sects. 4, 5, 8, 13. Acts of 1865, chap. 268.]

Third. BY OVERSEERS OF THE POOR.

Any insane person supported as a pauper by any city or town, may be placed by the overseers of the poor thereof in the hospital, with the consent of the trustees, upon compliance with the following form :—

COMMONWEALTH OF MASSACHUSETTS.

[STATE SEAL.]

The Worcester Lunatic Hospital.

In consideration of the admission of _____ of _____ in the county of _____ as a patient at the Worcester Lunatic Hospital, at Worcester, we, the undersigned, being a majority of the overseers of the poor of the town of _____ in the county of _____ for and in behalf of the inhabitants of said town, promise to pay to the treasurer of said hospital the rate of board which may from time to time be determined by the trustees of said hospital, for said patient, so long as he shall continue a boarder in said hospital, with such extra charges as may be occasioned by the necessity of giving him more than ordinary care or attention; to provide or pay for all clothing or other things necessary or proper for his health and comfort; to pay for all damages which he may do to furniture or other property of said hospital; to pay for reasonable charges in case of elopement, and funeral expenses in case of death; and to remove him from the hospital whenever the room occupied by him shall be required for a class of patients having preference by law, or who, in the opinion of the superintendent, should be received. We also promise that if, against the advice of the superintendent, he be removed, either by us or any of his friends, before the expiration of three calendar months, we will pay board for thirteen weeks.

Payments to be made quarterly, and at the time of removal, with interest on each bill from and after the time at which it becomes due.

Witness our hands, this _____ day of _____ A. D. 187 ____.

Attest:

Overseers of the Poor of the Town of _____.

If it becomes necessary to communicate with any friend of the patient, address,—

STATEMENT of _____ an applicant for the admission of _____, an
insane person, to the Worcester Lunatic Hospital:—

Age of the insane person,	Occupation,
Birthplace,	Residence,
Civil condition (single, married, widowed or divorced),	
Is this the first attack of insanity?	Other attacks, and when,
Supposed cause of insanity,	
Duration of this attack,	
Character of insanity,—whether mild, violent, or dangerous,	
	Homicidal, or suicidal,
	Paralytic, or epileptic,
	Having delusions or hallucinations,

Habits in regard to ardent spirits, opium and tobacco,

Natural eccentricities of temper, thought, or action,

Any serious disease or bodily injury heretofore,

Previous or present insanity in relatives,

If ever in any institution for insane, when, where, and how long,

If a woman, she has borne _____ children; the last _____ years ago.

Facts showing whether he has or has not a settlement, and if any,
where,

Name and post-office address of some of nearest relatives or friends over
eighteen years of age,

Father,

Children,

Sisters,

Wife,

Mother,

Brothers,

Husband,

If the applicant is unable to state any of the foregoing particulars, he shall
state his inability to do so.

APPLICATION.

I request that the above-named _____ may be admitted as a patient
at the Worcester Lunatic Hospital.

Applicant.

A. D. 187 .

[Post-office address.]

PHYSICIANS' CERTIFICATE.

We, the subscribers, respectable physicians in _____ in the county of _____,
_____ having made *due inquiry and personal examination* of _____,
named in the foregoing application, *within one week prior to the date hereof*,
certify that he is insane, and a proper subject for custody and remedial
treatment in the Worcester Lunatic Hospital. And I, _____, further
certify that I am the family physician of the said _____

M. D.

M. D.

A. D. 187 .

ACKNOWLEDGMENT OF NOTICE.

I, the subscriber, one of the selectmen, or the mayor, of _____, where said _____ resides, hereby acknowledge that notice in writing has been given to me of the intention to present the foregoing application.

A. D. 187 .

[See Acts of 1862, chap. 223, sects. 4, 5, 8, 13. Acts of 1865, chap. 268.]

APR 25 '39 W.P.A.

